

InShape *for 2008*

Conquering Stress in our Life

What Is Stress?

Stress is a feeling that's created when we react _____ to particular events. It's the body's way of rising to a challenge and preparing to meet a tough situation with focus, strength, stamina, and heightened alertness.

There are two types of stress:

- **Good** _____ **stress** prepares our body to meet real or perceived danger _____ or challenges _____.
"The stress response of the body is somewhat like an airplane readying for take-off. Virtually, all systems (the heart and blood vessels, the immune system, the lungs, the digestive system, the sensory organs, and brain) are modified to meet the perceived danger."
- **Bad** _____ **stress** is when the nervous system senses continued _____ pressure _____ and continues to pump out extra stress hormones over an extended period. This can wear out the body's reserves, leave a person feeling depleted or overwhelmed, weaken the body's immune system, and cause other problems.

Do you suffer from stress overload?

Living in a state of continual stress is a sure sign that we are out _____ of _____ balance _____ in our lives.

- Physical _____ - Diet, exercise, rest, etc...
- Intellectual _____ - What are you putting in your mind? Striving for balance in each area.
- Social _____ - Are you withdrawn or connected to others? The power of community through Small Groups.
- Spiritual _____ - Are you reacting to life in faith _____ or in fear _____? *God* is reality!

Learning from the words of Jesus

- **Matthew 6:25, 31-34** – "Do not worry _____"
- **Luke 12:4-7** – "Do not fear _____"

Learning from the Wisdom of Peter: 1 Peter 5:6-7

New King James Version	New Living Translation
⁶ Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, ⁷ casting all your care upon Him, for He cares for you.	⁶ So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. ⁷ Give all your worries and cares to God, for he cares about you.

- No matter how hard you try, you cannot control _____ the situations (*and the people*) in your life.
- Five truths you need to *acknowledge* and live _____ :
 - This life is not about you _____, it's about God _____. (*"I am not, but I know I AM"* by Louie Giglio)
 - The devil is out to destroy _____ you, but he has already been defeated. **(5:8)**
 - You are not alone _____ in your struggles. **(5:9)**
 - God's greater purpose in your struggle is to perfect _____ you, establish _____ you, strengthen _____ you and settle _____ you. **(5:10)**
 - It will all work out for God's _____ glory. **(5:11)**

Paul's Daily Plan for Overcoming Stress: Philippians 4:4-9

- Daily joy _____ - **(4:4)**
"Rejoice in the Lord always..."
- Daily patience _____ - **(4:5)**
"Let your gentleness (graciousness or forbearance) be known..."
- Daily trust _____ - **(4:6a)**
"Be anxious for nothing..."
- Daily prayer _____ - **(4:6b)**
"In everything... let your requests be made known to God"
- Daily reflection _____ - **(4:7)**
"And the peace of God will guard your hearts and minds..."
- Daily inventory _____ of good things – **(4:8a)**
"Whatever things are true, noble, just, pure, lovely..."
- Daily meditation _____ - **(4:8b)**
"If there is any virtue... meditate on these things."
- Daily application _____ of truth – **(4:9)**
"The things which you learned... these do"

"...and the God of peace will be with you."